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## Caregiver Corner

### Caregiver Event - *Caring and Moving Forward*

In celebration of National Family Caregivers Month, please join us for a special afternoon of presentations for family caregivers.

- **“NY Connects ... Your Link to Long Term Services and Supports”**  
Presenter: Lisa Schuhle, Broome County Office for Aging.
- **“Introduction to Different Levels of Care in Home and Out of Home”**  
Co-presenters Judy Bobinski, Broome County Office for Aging and Maria Motsavage, RN, Levene Gouldin & Thompson, LLP.
- **“A Conversation on the Ins and Outs, Ups and Downs of Caregiving”**  
Presenter: Rebecca Bradley, Action for Older Persons.

**Date:** Thursday, November 17th

**Time:** 3:00-4:30 PM

**Place:** Binghamton Library, Decker Room,  
185 Court St, Binghamton

Information on additional caregiver services will be available along with refreshments.

Please call Broome County Office for Aging Caregiver Services to register for this program,  
607-778-2411 or send an email to: [ofa@co.broome.ny.us](mailto:ofa@co.broome.ny.us)

### Caregiver Chat Groups

These informal chats are open to caregivers of any age.

**Place:** Stay Healthy Center (close to Sears),  
Oakdale Mall, Johnson City

**Date:** Monday, November 7<sup>th</sup>

**Time:** 1:00-2:30 PM

**Place:** Broome West Sr Center, 2801 Wayne Street, Endwell,  
Phone: 785-3427

**Date:** Wednesday, November 16<sup>th</sup>

**Time:** 9:30-11:00 AM

**Place:** Northern Broome Sr Center, 12 Strongs Place,  
Whitney Point

**Date:** Tuesday, November 1<sup>st</sup>

**Time:** 9:30-11:00 AM

Call Caregiver Services at 778-2411 with questions or for more information.

## Let Us Help Connect You - Call NY Connects

NY Connects is where you can find help and information on services and supports in your community.

Core services offered by the enhanced state-wide NY Connects program include information and assistance, referrals, and assistance with applications and enrollment. NY Connects can provide person-centered planning, including options for counseling and care transitions from facilities to home.

NY Connects serves anyone needing information on long-term services and supports. NY Connects is a trusted place that gives you information about available options, whether you are paying for services yourself, through insurance, or you are eligible for a government program.



**NY Connects**  
Your Link to Long Term  
Services and Supports

### Who does NY Connects serve?

- An older adult
- Family members and caregivers
- A child or adult with a disability
- Friends or neighbors
- Helping professionals

### What kind of help can I get from NY Connects?

Information about:

- Home Care
- Caregiver Supports
- Assistance with linking to care
- Respite Care
- Transportation
- Home Delivered Meals
- Housing options
- Levels of care
- And much more!

Call us today to see how we may assist you: 607-778-2278 or 1-800-342-9871,  
[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

## Veterans Remembrance at the Senior Centers



All Broome County veterans and their families are invited to a special Veterans Remembrance at local senior centers on Wednesday, November 9<sup>th</sup>.

Senior centers are offering a variety of activities to honor your service to our country including recognition ceremonies, music and a delicious chicken cordon bleu luncheon with lemon meringue pie, served around noon. Please call the senior center of your choice to make a lunch reservation by noon on Tuesday, November 8<sup>th</sup>. Lunch is just \$3.25 for people age 60+ and \$4.25 for people under age 60. **All veterans will receive a complimentary lunch.**

Find the phone number of the senior center nearest you listed on the back pages of this *Senior News* publication. We hope to see you there!!

## Eldercare and the Aging Veteran

The NY State Division of Veterans Affairs and the Hearing Loss Association of America – Binghamton Chapter are pleased to present an informational session: “Eldercare & the Aging Veteran – What Every Veteran and Family Member Should Know”. The event will be held from 4:30 to 5:30 PM at the Johnson City Senior Center, 30 Brocton Street, Johnson City on Wednesday, Nov. 2nd. Open to the public. For questions, call 724-1299.

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# National Family Caregivers Month

From the Editor

by Vince Fox

Being a caregiver is one of the most challenging and difficult roles a person can have in their lifetime-whether it is for a loved one, a friend or even an unexpected new person in your life. If you have never been a caregiver, it is not easy to describe the emotional and physical toll it can take on a person-and yet we do it because we care and we are needed.

I found myself in a caregiver role, as many of us do, when my father’s multiple health issues took away his ability to care for himself. Ultimately, palliative care was necessary and fortunately he was able to remain at home with his wife-my mother-with our caregiving and additional supports such as those that are available through the Office for Aging:

**In-Home Services:** Aides came to our house to help Dad with basic needs such as changing his clothes, bathing, household chores and shopping. These types of personal and household care services for frail older people can be obtained in Broome County through the Expanded In-home Services for the Elderly (EISEP) program. It is a long-term care program to help people to be able to remain in their own homes as long as possible. EISEP is available on a cost-share basis for people who are income eligible.

**Adult Day Care and Respite Services:** When Dad was able to use a wheelchair, he attended a social adult day-care facility. It gave him a change of scenery and an opportunity to socialize with others. It gave Mom and our family a much needed break. A similar social adult day program is available in Broome County. It’s called Yesteryears. If you are a caregiver in need of a break, I strongly recommend that you look into the Yesteryears program.

**Support Groups:** I learned that having a support group was very helpful. It really helped to have someone to ask for advice, someone to talk to, or someone who would just listen. You can find caregiving supports like this through the Office for Aging. Caregiver Services offers informative presentations and chat groups where you can talk, get advice and find emotional support.

To find out more about any of the above services, please call the Office for Aging at 607-778-2411.

**“I will not make age an issue of this campaign. I am not going to exploit, for political purposes, my opponent’s youth and inexperience.”**

Ronald Reagan, spoken during a debate with Walter Mondale

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Caregivers and Exercise

Take Time for Yourself



Taking care of yourself is one of the most important things you can do as a caregiver. Finding some time for regular exercise can be very important to your overall physical and mental well-being.

Physical activity can help you:

- Increase your energy level so you can keep up with your daily caregiving activities.
- Reduce feelings of depression and stress, while improving your mood and overall well-being.
- Maintain and improve your physical strength and fitness.
- Manage and prevent chronic diseases and conditions like diabetes, heart disease, and osteoporosis.
- Improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks and plan activities.

Some ways for caregivers to be physically active:

- Take exercise breaks throughout the day. Try three 10-minute “mini-workouts” instead of 30 minutes all at once.
- Make an appointment with yourself to exercise. Set aside specific times and days of the week for physical activity.
- Exercise with a friend and get the added benefit of emotional support.
- Ask for help at home so you can exercise.
- If possible, find ways to be active with the person you’re caring for. Both of you can benefit from physical activity!

Quick Tip:

- Pick an activity you really enjoy to make exercise something you want to do, not have to do.

source: <https://go4life.nia.nih.gov/tip-sheets/>

## Your Changing Brain

*Steps to Aging Well by Sharon Lackie*

You can't change some things such as your age and family history. However, research has shown there are steps that you can take to help maintain the wellness of your brain. One very important step toward improving your brain health is improving your diet.

Did you know that a poor diet can weaken your immune system? Did you know that poor nutrition can cause you to have memory problems? Dementia-like symptoms can be caused by treatable conditions such as depression, side effects from medication, lack of sleep, thyroid problems, dehydration, excess use of alcohol, or certain vitamin deficiencies, and these health issues may be reversed.

Although there isn't a specific diet to aid brain health, research has shown that people living in the Mediterranean region have the highest life expectancies in the world and have lower rates of Alzheimer's disease. According to the Alzheimer's Association, heart-healthy diets, such as the "Mediterranean Diet", may help protect the brain. In most variations of this diet, there are generous servings of fruits, vegetables, whole grains, beans, nuts, and seeds, and low to moderate amounts of fish, poultry, dairy products and red meat. This type of diet has been shown to reduce inflammation, increase cell regeneration and improve the healing process, which may play a critical role in lowering the risk for Alzheimer's.

Do you need help with your diet? Here are some options for you:

- Senior centers offer affordable, nutritious meals. It is easy to make a lunch reservation - just call the senior center of your choice one day in advance. See pages 10-12 for more details.
- The Broome County Office for Aging (OFA) provides nutrition counseling and assistance to older adults (aged 60 or older and not eligible to receive this service through another program).
- OFA can provide information on programs such as Meals on Wheels, or the Supplemental Nutrition Assistance Program (SNAP), formerly known as "food stamps."
- Call the OFA at (607) 778-2411 for further information.

*This column, which is the third of six "brain health" articles appearing the Senior News, is directed to older adults and their caregivers, friends, neighbors and loved ones to help start discussions on brain health. The goal of sharing this information is to help you understand brain health and to empower you to ask questions about this topic. It is also important to share your concerns about brain health with your medical provider.*

Next month, this column will describe the importance of socializing for you brain's health.

*References: Alzheimer's Association ([www.alz.org](http://www.alz.org)); Swaminathan & Jicha (Frontiers in Aging Neuroscience)*

## Technology Can Help Caregivers



Family caregiving can be a full-time job. Your role includes so many important activities. You manage medications, provide transportation, and handle doctor appointments – to name just a few of the vital tasks that family caregivers perform on a daily basis.

If your loved one's room already looks like a hospital room, you probably have already been exposed to one type of technology – medical devices in the home. But there are other types of technology that can help you with your caregiving responsibilities. Could you use technology to help you track medications? Use a GPS locator if your loved one wanders off? Maybe even a medical robot in the home? Well, these technology solutions all exist today. And more are being offered every month.

There are apps, gadgets, and websites that can help:

- Manage complex medication regimens
- Gather and report health data such as blood pressure and blood sugar
- Alert you to a seizure
- Learn more about your loved one's disease or condition
- Bring together caregivers and volunteers through online communities
- Map your family tree in the case of genetic rare disease

Personal Emergency Response System (PERS) is one technology that could save a life. It is a push button that can be worn around the neck. In the event of an emergency, the button can be pushed, which will alert a dispatcher who will immediately call the emergency contacts. If they are not available, help will automatically be sent to the home. For more information about PERS units, call the Office for Aging at 607-778-2411.

Sure, the world of technology may be changing faster than any of us can keep up with, but that's actually good news: newer and better technologies are constantly being developed to help family caregivers and their loved ones manage complex care for rare diseases and promote their health and well-being.

*Adapted from: [www.rarecaregivers.org/technology-can-help-caregivers](http://www.rarecaregivers.org/technology-can-help-caregivers)*

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## Memory Problems

Many older people worry about their ability to think and remember. For most adults, thinking and memory remain relatively intact. However, if you or your family notice that you are having problems remembering recent events or thinking clearly, let your doctor know. Be specific about the changes you've noticed. For example, you could say: "I've always been able to balance my checkbook without any problems, but lately I'm very confused." Your doctor may want you to have a thorough checkup to see what might be causing your symptoms.

In many cases, memory problems are caused by conditions such as depression or infection, or they may be a side effect of medication. Sometimes, the problem is a type of dementia, such as Alzheimer's disease. With a careful family history, physical exam, medical tests, and tests of memory and problem solving, specialists can diagnose Alzheimer's with a high degree of accuracy. Determining the cause of memory problems is important to help the doctor, patient, and family choose the best plan of care.

Although there is no cure for Alzheimer's, medicines can help for a while, especially in the early stages of the disease. Treatments (medication and no medication) can also ease serious behavioral symptoms such as agitation, anxiety, and depression. Support groups and education are important and can help patients and caregivers.

*source: [www.nia.nih.gov/health/publication/talking-your-doctor](http://www.nia.nih.gov/health/publication/talking-your-doctor)*

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HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)

Toning & Zumba

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	10:00 am	Broome West Senior Center (Endwell)
Mon & Wed	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Senior Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for this class at JC; at BW there is no instructor, no fee.

Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	9:30 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	10:15 am	Vestal Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 – 9:30 am	Eastern Broome Senior Center (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Wednesday	10:30 - 11:30 am	Vestal Senior Center
Thursday	10:00 - 10:30 am	First Ward Senior Center

Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

Friday	12:30pm	Johnson City Senior Center
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Stepping On: A Wellness Program to Prevent Falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Thursday	Call for hours	West Middle School
Open Swim	Mondays & Thursdays	Call for hours	West Middle School

Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:30 am	Johnson City Senior Center
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Sunrise Yoga: Project Baptiste Foundation

Participants must have some type of military affiliation

Wednesday	1:30 - 2:30 pm	Northern Broome Senior Center (Whitney Pt)
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Dancercise

Low impact using simple dance movements set to uplifting music. Movement of joints, muscles & bones. \$5 charge.

Wednesday	9:30 am	Johnson City Senior Center
Thursday	9:45 am	First Ward Senior Center

*\*Complete addresses and phone numbers for all Senior Centers are located on pages 10 & 11*

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center • Johnson City Senior Center

EVENTS at the CENTERS

Medicare Plan Assistance (AOP)

Tuesday, November 1, 12 pm  
**Deposit Senior Center**  
Need help selecting a health plan that is right for you? Meet with a representative by calling 607-722-1251 to schedule a one-on-one.

**Endwell Evening Meal w/ Orange Blossom Special**  
Tuesday, November 8, 5-7 pm  
**Broome West Senior Center**  
Enjoy a variety of oldies tunes along with a delicious meal of roast pork and apple pie. Please reserve by noon, Monday, Nov 7.

**Rummage Sale**  
November 9 & 10, 10 am-1 pm  
**Vestal Senior Center**  
Browse an assortment of items to find that special item you are searching for.

**Pub Burger Lunch**  
Thursday, Nov. 10, 11 am-12:30 pm  
**North Shore Towers Sr Center**  
Love burgers? Stop by and customize your burger with your favorite toppings! Reservations are welcome but not required.

**Harpursville Evening Meal & Bingo for Prizes**  
Thursday, November 10, 3:30 pm-5:30 pm  
**Eastern Broome Senior Center**  
Serving roast pork and apple pie. After try your luck at Bingo for prizes! All that is needed to participate is a small household or non-perishable item.

**Annual Craft Show Fundraiser**  
Saturday, Nov. 12, 9 am-2 pm  
**Northern Broome Senior Center**  
Shop at local crafters tables and enjoy a variety of lunch options including homemade mac-n-cheese, sausage, peppers & onions, hotdogs, homemade desserts and more!

**Pie Auction**  
Tuesday, November 15, 10:45 am  
**Vestal Senior Center**  
Place your bids on delicious pies made by the members of the Vestal Senior Center.

**Talent Show**  
Thursday, Nov. 17, 12:30 pm  
**First Ward Senior Center**  
Do you sing, play instruments, tell jokes or perform skits? All are welcome to partake in the talent showcase!





### Eastern Broome Senior Center

Call Arlene at 759-6306 or Jane at 222-1039 for info.

November 29

Villa Roma Christmas Show & Lunch

### Johnson City Senior Center

Call (607) 797-3145 or stop by for info.

December 8

Pines Dinner Theater: Miracle of Christmas & Kozier's Christmas Village

January 3, 2017, 1 pm

Upcoming Trips Presentation Party at JC Center

The Senior News  
is a monthly publication  
of the

Office for Aging  
funded by Broome County and the  
NYS Office for Aging under  
Title III of the Federal Older  
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Direct mail subscriptions are  
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This contribution helps defray the  
cost of printing and postage.

## Tribute to Our Troops

**When:** November 12, 2016  
10:00 AM – 2:00 PM

**Where:** Endicott History and  
Heritage Center  
40 Washington Avenue  
Endicott, NY

- Come see our military displays, including a WWII rifle and EJ combat boots! Enjoy our IBM exhibits & more!
- Enjoy a concert by the Maine Community Band, 11:30 AM – 12:30 PM in our community room.
- Stay for some refreshments and greet some veterans.
- Donations for food, gas cards or cash for our veterans groups will be accepted.

*Bring the family for  
a memorable day!*

Questions?  
Call Marlene at 607-785-3230

## Scam of the Month \$\$\$

### Online Shopping and Fake Promotions



Thanksgiving is a wonderful time of year, filled with family and joy. It's also a wonderful time to get started on your Christmas shopping. Black Friday is a "holiday" all its own in America; studies from 2014 show that more than half the population was shopping the Friday following Thanksgiving.

There's no doubt Black Friday is a day filled with some of the best sales, but it's important to watch out for the scammers lurking behind all of the excitement. Online coupons are an easy way for scammers to swindle people out of their personal information. Most scammers will collect your contact information and start spamming you with calls, texts, and/or emails. Worst of all, some people provide risky sites with their personal credit card information. The Federal Bureau of Investigation (FBI) suggests avoiding websites and links that have 'countdown, flash sales' for items in high demand, such as electronic gadgets. It's also important you do not share your credit card information or other personal details with telemarketers, whether through emails or text messages – even if they claim to be from recognized businesses. Additionally, you should make sure your computer's security software is up-to-date.

You should practice skepticism and use good judgment to avoid becoming a victim of online scams. If something looks too good to be true, it probably is.

If you feel you have been the victim of an online scam, please call the Attorney General's office at (607) 251-2770.

***"Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost."***

President John Quincy Adams

# recognize...remember...and rejoice!



**United Methodist Homes Foundation** invites you to recognize and remember the people and the reasons that have important meaning in your life through **recognize...remember...and rejoice!** Each tribute gift of \$25 or more will also be represented by a luminaria at our **Lighting the Way** events at each United Methodist Home campus in December.

Make your tribute gift payable to UMH Foundation and mail before November 25, to:

**UMH Foundation**  
**10 Acre Place**  
**Binghamton, NY 13905**

Please indicate whom the tribute is for on the memo section of your check. Questions? Email Ann Lomonaco at [alomonaco@umhwc.org](mailto:alomonaco@umhwc.org), or call 775-6400 x281.

Join us for the **Lighting the Way** events in December!

Thursday, December 8, 7:00–9:00 pm  
St. Louise Manor  
Front St. Binghamton

Wednesday, December 14, 5:00–8:30 pm  
Hilltop Campus and The Highlands  
Johnson City



Binghamton and Johnson City, New York

[unitedmethodisthomes.org](http://unitedmethodisthomes.org)



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## This Fall - Spice it Up!

Autumn is a time when many of us enjoy wonderful, flavorful foods. These flavors usually come from spices, which not only make our food smell and taste great, but can do great things for your health, too!

**Cinnamon** can reduce your risk for diabetes and heart disease. It can lower blood sugar and blood triglyceride levels. Add it to your morning oatmeal, shake it over some yogurt or cottage cheese, or sprinkle it over squash, carrots, or sweet potatoes.

**Ginger** is often used as a relief for nausea, and has anti-swelling properties, which may help relieve arthritis pain. Sip ginger tea, or use fresh ginger in a savory dish, such as a stir-fry.

**Nutmeg** can reduce swelling, and contains chemicals which can help to relieve pain naturally. It also helps to lower blood pressure, and it aids in digestion. Nutmeg may also help to improve brain function. Essential oils in nutmeg can slow the progression of Alzheimer's and other dementias. Add a pinch to your morning coffee, or try it in a soup, sauce, or marinade.

**Cloves** have been shown to have expectorant properties. Expectorants make it easier to cough up and expel mucus from the throat and lungs. Cloves also help to relieve digestive issues, such as nausea, upset stomach, and bloating. Cloves are wonderful paired with oranges, and are a delicious addition to warm apple cider.

**Allspice** may help with relieving muscle aches and joint pain. Research has shown that allspice has antibacterial and antifungal effects. This helps fight infection and may help to improve the health of your digestive system. Allspice may even aid in heart health. Try allspice in something savory, like chili or meat dishes, or add it to cooked beets or cabbage.

Be sure to consult your doctor or other health care provider before adding any new foods or spices to your diet, especially if you have a health condition or specific dietary requirements.

*sources:*

[www.washingtonpost.com/lifestyle/wellness/spices-and-their-health-benefits](http://www.washingtonpost.com/lifestyle/wellness/spices-and-their-health-benefits)

[www.organicfacts.net/health-benefits/herbs-and-spices/nutmeg.html](http://www.organicfacts.net/health-benefits/herbs-and-spices/nutmeg.html)

[www.organicfacts.net/health-benefits/herbs-and-spices/allspice.html](http://www.organicfacts.net/health-benefits/herbs-and-spices/allspice.html)

[www.webmd.com/vitamins-supplements/ingredientmono-251-clove](http://www.webmd.com/vitamins-supplements/ingredientmono-251-clove)

## Your Mother Was Right!

### Eat Your Fruits and Veggies!

Nutrition education is continuing at our senior centers with classes about healthy eating. We will explore a few food plans and discuss the importance of calcium and vitamin D.

**October 27:** 12:15 PM at Vestal Sr Center

**November 1:** 11:00 AM at North Shore Towers Sr Center in Binghamton

**November 3:** 11:00 AM at First Ward Sr Center on 226 Clinton St.

**November 8:** 11:00 AM at Deposit Senior Center on 14 Monument St.

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## Why Does Early Detection of Alzheimer's Disease Matter?

Remember the saying, "Knowledge is Power?" Well, it still rings true when talking about early detection of Alzheimer's disease.

Early detection and diagnosis helps affected individuals and their families. It allows them to:

- build a care team
- participate in support services
- access available treatments
- enroll in clinical trials
- create advance health directives
- make financial and legal arrangements before the ability to make decisions is impaired or declines
- address safety issues
- arrange for assistance, if needed, with daily activities of living such as housekeeping, shopping or cooking
- seek counseling on how to cope with changes in behavior associated with Alzheimer's

Early detection can also help health care providers deliver better care.

- Early detection can help doctors better manage a patient's health when there is a chance of more than one condition present.
- Physicians can avoid prescribing medications that may worsen thoughts or behaviors specific to individuals with Alzheimer's disease.
- Because early warning signs such as memory problems, confusion, personality changes and/or trouble with judgment may be caused by other sources, early detection of cognitive changes allows doctors to diagnose and treat reversible conditions that can mimic (or copy) cognitive impairment and dementia, such as depression or a vitamin deficiency.

*Adapted from: [www.alz.org](http://www.alz.org)*

## Don't Fall Behind on Falls

Falls are not a normal part of aging. Older adults and their caregivers can take steps to prevent them.

**Speak up.** Older adults can talk to their doctor or healthcare provider about their risk of falling and what they can do to help prevent falls. They should tell their healthcare providers right away if they have fallen, if they are afraid of falling, or even if they feel unsteady when walking or standing.

**Keep moving.** Activities that strengthen legs and help with balance, such as Tai Chi, can help prevent falls. Check with healthcare providers about recommending an appropriate exercise program.

**Get annual physical exams.** Regular exams can identify health issues that increase the risk of falling. Also, have your vision checked once a year and update eyeglasses as needed.

**Check medications.** Consider having a medication review with a pharmacist or a healthcare provider. Bring all medications, including prescriptions, over-the-counter medications, vitamins and supplements, whether taken regularly or occasionally, to an office visit or to the pharmacist for review. Discuss any side effects like feeling dizzy or sleepy.

**Check for home safety.** Most falls happen at home. Keep your home safe with these tips: keep floors clutter-free; remove small throw rugs, or use double-sided tape to secure them to the floor; add grab bars in the bathroom next to and inside the tub and next to the toilet; have handrails and lights installed on all staircases; make sure the home has lots of light.

For more information call the Office for Aging at 607-778-2411.

*source: [www.cdc.gov](http://www.cdc.gov)*

## Tribute to Caregivers Everywhere You are Not Alone

By Mona Newsome Wicks PhD, RN, FAAN

You offer kind words. You lift and you tug.  
You bathe and you dress. You comfort and you hug.  
You drive and you shop.  
You cook, nurse, and you clean.  
You often, defer your personal dreams.  
You are not alone.  
You sometimes worry and you often pray.  
You work first at home, and then at your job all day. You sleep very little,  
but you sleep when you can.  
Sometimes you have more work, than you can possibly stand. Yet, you  
remain steadfast and hopeful.  
You are not alone.

This month we honor you, We acknowledge your care. We acknowledge  
the love, That you unselfishly share.  
Out of concern, we make these requests,  
We ask that, when you are tired that you please rest. We ask you to walk,  
we ask you to sleep.  
We ask that you healthily and regularly eat. We ask that you see your  
health care provider.  
That you share your concerns as it is much healthier, Than isolation and  
proud silence.  
You are not alone.

We remind you to ask for help and to weep, For tears can offer a much-  
needed release.  
We pray for you, joy and a well-deserved peace.  
Caring for others, without caring for self,  
can undermine physical, spiritual, and emotional health.  
You are not alone.

Your efforts are an important and an unselfish contribution. This work  
greatly contributes to  
sustaining our nation.  
We salute you and thank you for all that you do.  
Most of all we wish happiness and good health to you.  
You are not alone.

© Mona Newsome Wicks, November 5, 2011

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## About Parkinson's Disease

Parkinson's disease (PD) is a neurodegenerative brain disorder that progresses slowly in most people. Most people's symptoms take years to develop, and they live for years with the disease.

In short, a person's brain slowly stops producing a neurotransmitter called dopamine. With less and less dopamine, a person has less and less ability to regulate their movements, body and emotions.

There is currently no cure for Parkinson's. Your doctor's goal will be to treat your symptoms to keep your quality of life as high as possible.

Normally, there are cells (neurons) in the human brain that produce dopamine. These neurons concentrate in a particular area of the brain, called the substantia nigra. Dopamine is a chemical that relays messages between the substantia nigra and other parts of the brain to control movements of the human body. Dopamine helps humans to have smooth, coordinated muscle movements. When approximately 60 to 80% of the dopamine-producing cells are damaged, and do not produce enough dopamine, the motor symptoms of Parkinson's disease appear. This process of impairment of brain cells is called neurodegeneration.

Parkinson's disease is both chronic, meaning it persists over a long period of time, and progressive, meaning its symptoms grow worse over time. Although some people become severely disabled, others experience only minor motor disruptions. Tremor is the major symptom for some individuals, while for others tremor is only a minor complaint and other symptoms are more troublesome. It is currently not possible to predict which symptoms will affect an individual, and the intensity of the symptoms also varies from person to person.

sources: [www.parkinson.org/understanding-parkinsons/what-is-parkinsons](http://www.parkinson.org/understanding-parkinsons/what-is-parkinsons), [www.ninds.nih.gov/disorders/parkinsons\\_disease/parkinsons\\_disease.htm](http://www.ninds.nih.gov/disorders/parkinsons_disease/parkinsons_disease.htm)



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## Are You Living with Parkinson's Disease?

***In This Corner, Hope! Fighting  
Back Against Parkinson's***

Rock Steady Boxing (RSB) is a non-contact boxing-inspired fitness routine that is dramatically improving the ability of people with Parkinson's to live life better! No boxing experience is necessary and people of all ages, men and women, are invited to participate.

RSB enables people with Parkinson's disease to fight their disease by providing fitness programs that improve their quality-of-life and sense of self-worth. RSB classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms, leading to a healthier and happier life.

To find out more, please contact:  
John Cappello, Certified RSB  
Trainer

Phone: 607-760-4487

Email: [SouthernTierNY@RSBaffiliate.com](mailto:SouthernTierNY@RSBaffiliate.com)

## Sudoku Answers

1	7	4	9	6	2	3	5	8
6	3	8	1	7	5	9	2	4
9	5	2	4	3	8	6	7	1
3	9	6	8	5	1	7	4	2
5	2	7	3	9	4	1	8	6
8	4	1	6	2	7	5	3	9
7	1	5	2	8	6	4	9	3
2	6	9	7	4	3	8	1	5
4	8	3	5	1	9	2	6	7

**Want To Advertise in the Senior News?**  
**We Reach Over 7,000 Senior Households in Broome County!**

**Call 778-2411**  
**Make our readers your customers!**



## 25<sup>th</sup> Anniversary of the Senior Games!



Seniors have been celebrating 25 years of the Broome County Senior Games since August. We have had some great events including disc golf, pickleball and tennis just to name a few. There is still time to participate in the 25<sup>th</sup> Anniversary games!

### Senior Games Schedule of Remaining Events:

Ping Pong – November 3  
Pinochle – November 18

If you are interested in participating in the games, or just being a spectator, please call Rita at 778-2411. You can pick up an application at any Broome County senior center or you can download one at [www.gobroomecounty.com/senior/games](http://www.gobroomecounty.com/senior/games).

**Remember –** *You don't quit playing because you grow old; you grow old because you quit playing!*

### AARP Meeting

**When:** 1:00 PM  
November 9, 2016  
**Where:** United Methodist Church, 113 Grand Blvd., Binghamton, NY  
**Topic:** Office for Aging/  
Broome County  
New York Connects

### HAIR @ HOME

Attention Men and Women!

A licensed hairdresser will come to you and do your hair in the convenience of your own home!

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-Manicures

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No charge for travel!



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### Senior Winter Indoor Walking

The Broome County Office for Aging and area school districts have teamed up to offer senior citizens indoor walking locations during the winter months.

Sites are open November 1 - April 28. Seniors can use the hallways at the designated sites at the scheduled times, Monday-Friday. When the schools are closed for holidays and snow days, etc., the walking program will also be closed.

A registration form is required to walk. You can obtain both your registration form and see a list of the walking sites online at [www.gobroomecounty.com/senior/healthed](http://www.gobroomecounty.com/senior/healthed) or by calling the Office for Aging at 778-2411.

## SUNY Broome to Offer New OWLs Course

SUNY Broome is pleased to announce that it will offer a new Older Wiser Learners (OWLs) course at the Johnson City Senior Center. The course is entitled "Autobiography," course code LIT 285. It will be taught by Professor Michael Gee, our most popular OWLs instructor for close to ten years. The course will examine a variety of autobiographies from different cultures and time periods. It will also encourage class participants to engage in memoir writing and other various writing exercises to better appreciate the value of the autobiographical experience.

**When:** Tuesdays & Thursdays, January 31 - May 23, 9:30-10:45 AM

**Where:** Johnson City Senior Center, 30 Brocton St., Johnson City.

Anyone 60 years or older may audit the course for free!

Registration forms may be obtained from the Johnson City Senior Center or by contacting Professor Chris Origer, English Department Chair at 607-778-5594. His email address is [origerac@sunybroome.edu](mailto:origerac@sunybroome.edu).

Questions, contact Professor Doug Garnar by email: [garnardc@sunybroome.edu](mailto:garnardc@sunybroome.edu).

### Returning Warrior

Many of our local veterans - returning warriors - need help in the transition from the dangers of warzone to facing new risks as they drive on our public highways here at home. Show your support to our local veterans by joining in or cheering for the participants of the "STOP-DWI Returning Warrior" Races.



**Events:** 5 mile and 10 mile races  
**When:** Saturday, November 12, 10:00 AM  
**Where:** Otsiningo Park in Binghamton  
**Contact:** Chris Marion, Broome County STOP-DWI,  
PO Box 1766, Binghamton, NY 13902  
607-778-2056.

### Caregivers -Take a Break

by Theresa Bovier



Taking a short break, also called "respite," from caregiving benefits both you and your loved one. Caring for yourself is one of the most important (and one of the most often overlooked) things you can do as a caregiver. You can enlist the help of respite care services, an excellent way to care for yourself and your loved one.

#### Importance of Respite Care

- ◆ Respite care can help you be a better caregiver. When caregivers take time to care for themselves, they have more energy and more patience to attend to the person they are caring for. Caregivers should attend to their own needs, from healthcare to hair appointments. Remember, it is not selfish to focus on your own needs and desires when you are a caregiver.
- ◆ Respite care can provide the time you need to enjoy your favorite activity, such as having lunch with a friend, going shopping, going to the movies, reading a good book, joining a club or just taking a nap.
- ◆ Respite care allows you to take time off without feeling guilty, knowing there is someone who can provide the same loving care as you.
- ◆ Respite care benefits the one you are caring for, too. Planning for times in which temporary care may be needed can decrease anxiety and stress for both the caregiver and the one being cared for. Developing trust and familiarity takes time, so employing respite caregiver services before they are desperately needed is key to maintaining great care for your loved one.

For more information, call Caregiver Services at the Office for Aging: 607-778-2411. You can also learn more about respite care options in December's issue of *Senior News*.

## LSVTBIG<sup>®</sup> and LSVTLOUD<sup>®</sup>



Good Shepherd Fairview offers individuals with Parkinson's disease and other neurological disorders the remarkable benefits of LSVT BIG<sup>®</sup> and LSVT LOUD<sup>®</sup> therapies.

LSVT is unlike traditional therapy methods and is backed by research and years of support from the National Institutes of Health.

Our Certified LSVT<sup>®</sup> therapists help with movement and balance, motor skills, voice control and swallowing issues. Our patients have made remarkable progress and you can too!

Call Good Shepherd Fairview Home for details on how you can take advantage of LSVT.

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## Tips on Safe Medicine Use

### Learn about your medicines.

Read medicine labels and package inserts and follow the directions. If you have questions, ask your doctor or other health care professionals.

**Talk to your team of health care professionals** about your medical conditions, health concerns, and all the medicines you take (prescription and OTC medicines), as well as dietary supplements, vitamins, and herbals. The more they know, the more they can help. Don't be afraid to ask questions.

**Keep track of side effects** or possible drug interactions and let your doctor know right away about any unexpected symptoms or changes in the way you feel.

**Make sure to go to all doctor appts** and to any appointments for monitoring tests done by your doctor or at a laboratory.

**Use a calendar, pill box or other things**, to help you remember what you need to take and when. Write down information your doctor gives you about your medicines or your health condition.

**Take along a friend or relative** to your doctor's appointments if you think you might need help to understand or to remember what the doctor tells you.

**Have a "Medicine Check-Up" at least once a year.** Go through your medicine cabinet to get rid of old or expired medicines and ask your doctor or pharmacist to go over all of the medicines you now take. Don't forget to tell them about all the OTC medicines, vitamins, dietary supplements, and herbals you take.

**Keep all medicines out of the sight and reach of children.**

source: [www.fda.gov/Drugs/ResourcesForYou/ucm163959.htm#otc](http://www.fda.gov/Drugs/ResourcesForYou/ucm163959.htm#otc)

## Avoid Crime and Stay Safe

Don't let the fear of crime stop you from enjoying life. Here are some things that you can do to avoid crime and stay safe.

### Be Safe at Home

- \* Try to make sure that your locks, doors, and windows are strong and cannot be broken easily. A good alarm system can help.
- \* Keep your doors and windows locked—when you are in the house and when you're away.
- \* Look through the peephole or a window before you open your door. Ask a stranger for identification before you open the door. Remember, you don't have to open the door if you feel uneasy.
- \* Avoid keeping large amounts of money in the house.
- \* Get to know your neighbors.
- \* Join or start a Neighborhood Watch Program. The Binghamton Police Department Crime Prevention Unit will assist in establishing Neighborhood Watch groups. For more information, please contact the office at (607) 772-7093.

### Be Street Smart

- \* Stay alert when you are out. Walk with a friend. Try to avoid unsafe places like dark streets or parking lots. Keep your car doors locked at all times.
- \* Don't open your car door or roll down your window for strangers.
- \* Park in well-lit areas.
- \* Carry your purse close to your body with the strap over your shoulder and across your chest.
- \* Don't resist a robber. Hand over your cash or any other items that the robber demands right away if confronted.

### Be Safe With Your Money

- \* Have your monthly pension or Social Security checks sent right to your bank for direct deposit.
- \* Try not to go to the bank at the same time each week.
- \* Put your wallet, money, or credit cards in an inside pocket. Try not to carry a lot of cash.
- \* Keep your checkbook and credit cards in different places. That makes it harder for a thief to forge your signature on checks.

source: [www.nia.nih.gov/health/publication/crime-and-older-people](http://www.nia.nih.gov/health/publication/crime-and-older-people)

## Marci's Medicare Answers

*Marci's Medicare Answers is a service of the Medicare Rights Center, [www.medicarerights.org](http://www.medicarerights.org).*

**Dear Marci,**

***What changes can I make during Fall Open Enrollment?***

Herman (Chattanooga, TN)

Dear Herman,

Fall Open Enrollment, also known as the Annual Election Period, runs from October 15 to December 7 each year. This is the time of the year when Medicare beneficiaries can make changes to their existing coverage.

If you are enrolled in a Medicare Advantage Plan or a stand-alone Part D plan, your plan should send you an Annual Notice of Change (ANOC) that lists any changes to your plan for 2017. These changes could be that the plan will charge a different monthly premium, cover different services, or change its formulary (the plan's list of covered drugs).

You should read this notice carefully to see if any of the changes affect you. For instance, if your ANOC tells you that your Part D plan will have an annual deductible next year, you may want to choose a new Part D plan that does not have a deductible.

There are a number of changes you can make during Fall Open Enrollment. You can:

- Switch from Original Medicare to a Medicare Advantage Plan (also called Part C)
- Switch from a Medicare Advantage Plan back to Original Medicare
- Switch from your current Medicare Advantage Plan to a new one
- Join a Part D prescription drug plan (if you do not have one)
- Switch from your current Part D prescription drug plan to a new one
- Do nothing and stay with your current coverage

Any changes you make will become effective January 1, 2017. You can make as many changes as you like during Fall Open Enrollment, but only the last change you make will be effective in January.

If you have questions about your coverage, plan options, or just need help in general, there are a number of resources you can use for assistance:

- Call 1-800-MEDICARE. You can call Medicare to learn about plan options in your area, confirm your current coverage, or change your coverage.
- Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan). You can use this online tool to search for and compare plans.
- Call a Medicare Advantage Plan or a stand-alone Part D plan. By calling your plan you can learn about coverage and costs for the upcoming year, request a copy of the plan's formulary, or enroll in the plan.

Fall Open Enrollment is a time to consider all of your health care options and needs. Even if you decide not change how you receive your Medicare benefits, it is a good idea to review your coverage and any changes that the plan may put in place for 2017.

Marci

## Want to Enrich Your Life?

### Volunteer at School or Day Care

Share a lifetime of wisdom with children

- Serve 20 hours per week in a school or day care setting.
- Receive earnings that do not affect rent or other benefits.
- Must be 55 and older and income eligible.

Call Broome County Office for Aging  
 Foster Grandparent Program  
 778-2089

**The children will love you!**

# Look What's Happening at the Centers!

## BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760  
**Center Hours:** Mon - Fri, 9:00am - 3:00pm  
**Lunch served at Noon call 785-1777**  
**Breakfast for Lunch:** Mon 10:30am - 12:30pm  
**Sandwich and Soup Bar:** W/Th/F, 11:15 am – 12:30pm

**Weekly Activities:** Exercise classes listed on page 4  
**Daily:** Wii, Cards, Billiards, Shuffleboard  
**M:** Bingo 9 am, Guitar Group 9 am - 12 Noon, Quilting 9-3 pm;  
**T:** Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;  
Acyllic Painting w/Pam (239-6560) 1-3 pm  
**W:** Bingo 9 am; Scrabble 12:30 pm;  
Floor Shuffleboard 12:45 pm  
**Th:** Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-8:30 pm  
(Call Center for schedule)  
**F:** Bingo 9 am, Craft Class 9:30 am (call for schedule), Ping Pong 1-3 pm

### Special Activities

Tuesdays & Thursdays (through 11/17): Tai Chi, 3-4:30 pm  
11/2 2017 Medicare Update w/Jane, 11:15 am  
Health Care Appointments (AOP) (please reserve), 9-11:30 am  
11/3 Senior Games Ping Pong Tournament (registration required), 9 am  
11/8 Evening Meal (*rst pork w/apple pie*) w/Orange Blossom Special, 5-7 pm  
11/9 Veterans Day Luncheon w/Rich Wilson, 11 am-1 pm  
11/10 Blood Pressure Screening (OFA), 10:30 am  
11/14 Special Breakfast: *peanut butter & jelly stuffed French toast*, 10:30 am-12:30 pm  
11/15 Downsize & Declutter Discussion, 3-4:30 pm  
11/16 Thanksgiving Luncheon, 12 pm  
11/17 Philly Cheese Steak Day, 11 am-12:30 pm  
11/23 Birthdays & Anniversaries, 12 pm  
11/28 Special Breakfast: *ham, egg & cheese casserole*, 10:30 am-12:30 pm

## DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)  
**Center Hours:** Tues & Thurs, 9:00am - 2:00pm  
**Lunch served at Noon**

**Weekly Activities** (call for info):  
**T & Th:** Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;  
Piano Music 10:30 am; Wii  
**T:** Crafts, 10 am; Chair Exercises, 11 am  
**Th:** Chorus 11-12 pm, Wii

### Special Activities

Tues. Bingo, 1 pm: 11/1 Nickel; 11/8 Bag; 11/15 Quarter; 11/22 Nutrition;  
11/29 Special Prizes  
11/1 Medicare Updates (AOP), 12 pm  
Health Care Consultation (please reserve), 10:30 am-12 pm  
Birthday Celebrations, following lunch  
11/2 (*Wed.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm  
11/3 EmPower Energy Workshop: Save Energy, Save Dollars, 11:30 am-12:15 pm  
11/8 “Eat Your Fruits and Veggies” Nutrition Presentation, 11 am  
HEAP (Delaware County OFA), 11:30 am  
11/10 Breakfast for Lunch (no reservations!), 10:15-11:45 am  
11/15 Veterans Day Celebration, 11:15 am  
Blood Pressure Screening w/Sandy, 11:30 am  
Southern Tier Food Bank (at the fire station), 11:30 am  
11/17 Tai Chi for Arthritis Practice, 11 am  
Thanksgiving Celebration w/Trivia, 12 pm

### Senior Center Holiday Closings

All Broome County Senior Centers will be closed on  
**Friday, November 11**, in observance of Veterans Day, and  
**Thursday & Friday, November 24 & 25** in observance of Thanksgiving.

### Daylight Savings Time Ends November 6

Don’t forget to set your clocks back and enjoy your “extra” hour!  
It’s also a good time to change the batteries in your smoke detectors.

## EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787  
**Center Hours:** Mon - Fri, 9:00am - 2:30pm  
**Lunch served at Noon**  
**Breakfast:** Tues, 8 - 9:30 am  
**Brunch:** Thurs, 10:30 am – 12:00 pm  
**Sandwich and Soup Bar:** Wed, 11:30 am – 12:30 pm  
**Burger Bar:** Fri, 11:30 am - 12:30 pm

**Weekly Activities:** Exercise classes listed on page 4  
**Daily:** Computers, Coffee Hour, Cards, Shuffleboard, Billiards  
**W:** Stitching/Crafts 9-11 am  
**Th:** Acrylic Painting 9 - 11 am  
**F:** Wii practice/play 12:30 - 1 pm

### Special Activities

Mondays: Mobile DMV, 10 am-3 pm (*Closed 12-12:30 for lunch*)  
Tuesdays: CHOW Produce Market, 8-9 am  
11/3 Blood Pressure Screenings plus Info about OFA Services, 10:30-11:30 am  
11/3,17 Bingo, 11:45 am  
11/4,18 Computer Drop-In Q&A, 10:30- 11:30 am  
11/5 AARP Safe Driver Class (please register), 9 am  
Breakfast Buffet, 11:30 am  
11/9 Veterans Day Recognition, 11 am/ Luncheon, 12 pm (Soup & Sandwich Bar, 11:30 am-12:30 pm) The History of the Oxford Veteran’s Home, 12:30 pm  
11/10 Evening Dining (roast pork w/apple pie) & Bingo for Prizes, 3:30pm  
11/14 Protecting Your Assets in Nursing Home Planning, 12:15 pm  
11/16 Thanksgiving Pie Auction, 11:15 am  
Thanksgiving Luncheon w/Greg Neff, 12 pm  
11/28 Horse Racing w/Bonnie Hill, 10 am

## FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905  
**Center Hours:** Mon - Fri, 8:00am - 4:00pm  
**Lunch served at 11:45 am call 729-6214**  
Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm  
(No Reservations Required)

### Weekly Activities:

Exercise classes listed on page 4  
**Daily:** Billiards  
**M:** Bingo 12:30 pm; Texas Holdem 12:45 pm  
**T:** Shuffleboard 9:00 am; Knitting 9 am; CHOW Produce Sale 11:00 am - Noon; Pinochle 12:30 pm; Texas Holdem 12:30; Art 1 pm  
**W:** Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm  
**Th:** Sewing 9:00 am; Mah Jongg 12:30 pm; Art 1:00 pm  
**F:** Ceramics 9:30 am; Dominos 12:30 pm; Texas Holdem 12:45 pm; Art 1:00 pm

### Special Activities:

Tuesdays: CHOW Farmers’ Market, 11 am  
11/2 Social Club, 1 pm  
11/3 Executive Board Meeting, 9:30 am  
Eat Your Fruits & Veggies (OFA), 11 am  
11/3,4 AARP Driver Safety Class, 9-12 pm  
11/9 Veterans Day Luncheon, 11:45 am  
Legal Aid, 9 am  
11/10 Evening Meal (*rst pork w/apple pie*), 5 pm  
11/14 Waffles w/Spiced Apple Topping, 10:30 am  
Scarlet Bonnets, 1 pm  
11/16 Thanksgiving Luncheon, 11:45 am  
11/17 Philly Cheese Steak Day, 11:45 am  
Talent Show, 12:30 pm



**JOHNSON CITY..... 797-3145**

30 Brocton St., Johnson City, NY 13790  
**Center Hours:** Mon - Fri 9:00am - 4:00pm  
**Lunch served at 11:45 call 797-1149**  
**Hot Lunch (Reservations):** M/W/Th/F  
**Walk-Ins Welcome:**

**Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm  
**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm

**Weekly Activities:** Exercise classes listed on page 4  
**M:** Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet, Poetry 1 pm; Pitch (cards) 1 pm  
**T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm  
**W:** Quilting 9 am; CHOW Produce Sale 11:30 am - 1:00 pm; Pinochle, Penny Bingo 12:30 pm; Writers’ Workshop 1 pm; Mahjong 1 pm  
**Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm  
**F:** Watercolor Painting 9 am; Ladies Singing 10 am; Hearts (cards) 11 am

**Special Activities:**  
11/2 Eldercare & the Aging Veteran, 4:30 pm  
11/3,17Chop N’ Chat (*please reserve*), 1 pm  
11/4 Live & Silent Auction, 6:30 pm  
11/9 Veterans Day Luncheon, 11:45 am  
11/16 Blood Pressure Check & Glucose Screening, 10:30 am  
Thanksgiving Luncheon, 11:45 am  
11/17 Legal Aide (*by appointment*), 9-11:30 am  
11/18 BC Senior Games Pinochle Tournament (pre-register), 9 am-finish  
11/20 Fashion Show, 2 pm  
11/23 Orange Blossom Special, 12 pm

**NORTHERN BROOME ..... 692-3405**

12 Strongs Place, Whitney Point, NY 13862  
**Center Hours:** Mon - Fri, 9:00am - 3:00pm  
**Lunch served at Noon**  
**Sandwich and Soup Bar:** Mon-Fri 11-12:30 pm  
**Breakfast for Lunch:** Thurs 10-12:30 pm

**Weekly Activities:** Exercise classes listed on page 4  
**M:** Horse Racing (1<sup>st</sup>/3<sup>rd</sup>) 10 am; Quilt/Sewing Class 10 am-3 pm; Bingo 10:30 am; Pinochle 12:30 pm  
**T:** Computer Class 8:30; Osteo Exercise 10 am; **W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm  
**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1<sup>st</sup>/3<sup>rd</sup>) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm  
**F:** Bingo, 10:30 am

**Special Activities:**  
11/7 Horse Races, 10 am  
11/8 Evening Dining (*rst pork w/apple pie*) w/Hobo Stew, 4:30 pm  
11/9 Veterans Day Celebration w/Guest Speaker Robert Gardner 6<sup>th</sup> District Commander for the Dept. of New York, 11 am  
Zentangle, 1-3 pm  
11/12 Annual Craft Show Fundraiser, 9 am-2 pm  
11/14 Whitney Point Saving Grace Kids UPK Make Pumpkin Pie, 10:30 am  
11/16 Thanksgiving Luncheon, 12 pm  
11/17 Philly Cheesesteak Day, 11 am-12:30 pm  
11/18 Movie of the Month: “Fly Away Home”, 12:15 pm  
11/21 Coffee Club, 9-10:30 am

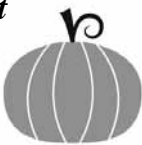
**Thanksgiving Luncheon** **GOBBLE GOBBLE**

Enjoy a traditional Thanksgiving dinner with all the fixings at a Broome County Senior Center. It’s a great meal with great company for just \$4.00 for those ages 60+ and \$5.00 for anyone under age 60.

Celebrate on Wednesday, November 16<sup>th</sup> around 12:15 PM at most Senior Centers or Thursday, November 17<sup>th</sup> at the Deposit Center. Fun and festive day! Call the senior center of your choice ASAP to make your lunch reservation by noon at least one day in advance.

**Meet & Greet Neighborhood Luncheon**

*“Make it - Take it” Thanksgiving Card Craft*



**When:** Wednesday, November 16<sup>th</sup> at Noon  
**Where:** East Side Congregational United Church of Christ, 284 Robinson Street in Binghamton  
**Menu:** roast turkey, apple bread dressing, vegetables & pumpkin pie.  
Suggested Contribution: \$4 (60+). Cost: \$5 (Under 60)  
Space is limited. Please call 722-1017 to RSVP by 1 PM on Nov. 15th.  
**Come and get acquainted!**

*Sponsored by the East Side Congregational United Church of Christ and the Broome County Office for Aging*

**NORTH SHORE..... 772-6214**

24 Isbell St., Binghamton, NY 13901  
**Center Hours:** Mon - Fri 10:00am - 2:00pm  
**Lunch served at Noon**

**Weekly Activities:**  
**Daily:** Coffee 8-11 am, Games and Cards  
**M:** Bingo 10-11 am  
**Tu:** Fitness 10-11:30 am; Wii Bowling 10:30–11:30 am; CHOW Produce Sale 12:30-1:30 pm  
**Th:** Fitness 10-11:30 am  
**Fr:** Wii Bowling 10:00 - 11:30 am

**Special Activities:**  
11/1 Nutrition Education, 11 am  
11/2 Charades, 10:30 am  
11/3 Breakfast for Lunch: *pancakes/bacon/fruit salad* (no reservations!), 11 am - 12:30 pm  
11/9 Veterans Day Luncheon, 11 am  
11/10 Special Lunch: *pub burger bar* (no reservations!), 11 am-12:30 pm  
Blood Pressure & Glucose Screening, 11 am- 12 pm  
Medicare Updates (AOP), 10:30 am  
11/16 Thanksgiving Luncheon w/George Cummings, 12 pm  
11/23 Jeopardy, 10:30 am

**VESTAL ..... 754-9596**

Old Vestal Junior High School Cafeteria  
201 Main St., Box #4, Vestal, NY 13850  
**Center Hours:** Mon - Fri, 9:00am - 2:00pm  
**Lunch served at 11:45am**  
**Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm**

**Weekly Activities:** Exercise classes listed on page 4  
**Daily:** Coffee Klatch, Cards, Games  
**M:** Walking Group 8 am  
**T:** Pinochle 9:30 am  
**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Chair Exercises 10:30; Oil Painting 1-3 pm  
**Th:** Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm; Bridge Group 12:30 pm  
**F:** Walking Group 8 am; Mahjong 9:30 am

**Special Activities:**  
Tuesdays: Gentle Chair Yoga, 11:15 am  
11/2 Blood Pressure Check, 10:30 am  
11/3 Medicare/Medicaid Updates (AOP), 9:30-11:30 am  
11/3,17Bingo w/Brad Cole, 10:15 am  
11/7,21Members of Beulah Rebekah Lodge #115, 12:15 pm  
11/9 Veterans Day Remembrance Luncheon, 11:30 am  
11/9,10AARP Safe Driving Course (please reserve), 10 am-1:45 pm  
11/10,17 Chop N’ Chat, 10-11:15 am  
11/15 Pie Auction, 10:45 am  
11/16 Thanksgiving Luncheon w/Ted Davenport, 11:30 am  
11/18 Pizza Day *OR* Chef Salad (please reserve), 11:45 am  
11/21 Breakfast for Lunch, 11:30 am-12:30 pm

# MEET, GREET & EAT

## November Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs)	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	FRIDAY (Burger Bar @ NB Senior Ctr)
	<b>Roast Turkey</b> 11/1 Bread Dressing Monte Carlo Blend Veg. Rice Pudding w/Raisins	<b>Liver w/Onions</b> 2 <b>OR Chicken Marengo</b> Mashed Potatoes Cut Green Beans Cinnamon Applesauce	<b>Grandma's Meatloaf</b> 3 Chantilly Potatoes Broccoli Pineapple Upside Down Cake	<b>Beer Battered Fish</b> 4 <b>OR BBQ Chicken Breast</b> Baked Beans Coleslaw Lime Fruited Gelatin
<b>Tuna Noodle Casserole</b> 7 Stewed Tomatoes Baby Carrots Banana	<b>Halupki</b> 8 <b>OR Chicken w/Pineapple</b> Mashed Potatoes French Cut Green Beans Pears	<b>Veterans Day Luncheon</b> <b>Chicken Cordon Bleu</b> 9 Brown Rice Pilaf Mixed Vegetables Lemon Meringue Pie	<b>Vegetable Lasagna</b> 10 Italian Mix Vegetables Garden Salad Strawberry Fruited Gelatin	<b>Centers Closed in</b> 11 <b>Recognition of Veterans Day</b>
<b>Ziti Parmesan</b> 14 Sausage Soup Italian Green Beans Sugar Cookie	<b>Salisbury Steak</b> 15 <b>OR Beer Battered Fish</b> Macaroni & Cheese Spinach Chocolate Pudding	<b>Thanksgiving Luncheon</b> <b>Roast Turkey w/Gravy</b> 16 Apple Bread Dressing Monte Carlo Blend Veg. Cranberry Sauce Pumpkin Pie	<b>Chicken Cacciatore</b> 17 <b>Over Noodles</b> Cut Green Beans Garden Salad Tropical Fruit	<b>Salmon w/Dill Sauce</b> 18 <b>OR Chicken w/Orange Sc.</b> Lemon Rice Pilaf Peas Pineapple Tidbits
<b>Beef Stew over a Biscuit</b> 21 Cut Green Beans Grape Juice Soft Molasses Cookie	<b>Pub Burger</b> 22 <b>OR Chicken Salad Sandwich</b> Baked Beans Ambrosia	<b>Roast Pork w/Gravy</b> 23 Sweet Potatoes Traditional Blend Vegetables Cherry Crisp	<b>Closed for the</b> 24 <b>Thanksgiving Holiday</b>	<b>Closed for the</b> 25 <b>Thanksgiving Holiday</b>
<b>Sloppy Joe Sandwich</b> 28 Cream of Broccoli Soup Fruit Cocktail Chocolate Chip Cookie	<b>Macaroni &amp; Cheese</b> 29 Stewed Tomatoes Brussels Sprouts Vanilla Strawberry Cake	<b>Liver w/Onions</b> 30 <b>OR Chicken w/Cranberry</b> Mashed Potatoes Peas & Carrots Apricot Halves	<b>Roast Beef w/Gravy</b> 12/1 Baked Potato Diced Beets Apple Cobbler	<b>Fish Florentine</b> 2 <b>OR Pepper Steak</b> Rice Pilaf Winter Squash Pumpkin Cookie

At all Broome County Senior Centers. Age 60+ – **\$3.25**; Under Age 60 – **\$4.25**. **Reservations are needed by noon the day - before.** Menu subject to change. For more information or the telephone number of a senior center near you, call 778-2411.

Broome County Office for Aging  
County Office Building  
60 Hawley Street  
PO Box 1766  
Binghamton, NY 13902

### Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 7

		4				3	5	8
6	3		1				2	
			4		8		7	
3	9			5		7		
		7				1		6
	4	1		2				
7				8	6		9	
2		9	7					
						2	6	

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